



ROCHESTER 11, NEW YORK

REV. ROBERT J. FOX, PASTOR

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Quinquagesima Sunday

February 15, 1953

REGULATIONS ON FAST AND ABSTINENCE

To foster the spirit of penance and of reparation for sin, to encourage self-denial and mortification, and to guide her children in the footsteps of Our Divine Savior, Holy Mother Church imposes by law the observance of fast and abstinence.

In accordance with the provisions of Canon Law, as modified through the use of special faculties granted by the Holy See, we herewith publish the following regulations:

ON ABSTINENCE

Everyone over 7 years of age is bound to observe the law of abstinence.

Complete abstinence is to be observed on Fridays, Ash Wednesday, the Vigils of the Assumption and Christmas, and on Holy Saturday morning. On days of complete abstinence meat and soup or gravy made from meat may not be used at all.

Partial abstinence is to be observed on Ember Wednesdays and Saturdays and on the Vigils of Pentecost and All Saints. On days of partial abstinence meat and soup or gravy made from meat may be taken only once a day at the principal meal.

ON FAST

Everyone over 21 and under 59 years of age is also bound to observe the law of fast.

The days of fast are the weekdays of Lent, Ember Days, the Vigils of Pentecost, the Assumption, All Saints and Christmas.

On days of fast only one full meal is allowed. Two other meatless meals, sufficient to maintain strength, may be taken according to each one's needs; but together they should not equal another full meal.

Meat may be taken at the principal meal on a day of fast except on Fridays, Ash Wednesday and the Vigils of the Assumption and Christmas.

Eating between meals is not permitted; but liquids, including milk and fruit juices, are allowed.

When health or ability to work would be seriously affected, the law does not oblige. In doubt concerning fast or abstinence, a parish priest or confessor should be consulted.

We earnestly exhort the faithful during the periods of fast and abstinence to attend daily Mass; to receive Holy Communion often; to take part more frequently in exercises of piety; to give generously to works of religion and charity; to perform acts of kindness towards the sick, the aged and the poor; to practice voluntary self-denial esp. regarding alcoholic drink and worldly amusements; and to pray more fervently, esp. for the Pope's int's.

HIGH MASSES - WEEK OF FEB. 15

- MON. 7 Martin Pikunas (Anita Poluikis)
 7:30 Mary Brady (Jack & Genevieve Brady)
 8 Ensign Gerald Thoman (9th anniv.)(fam.)
 8:30 Anna (Boss) Creary (Mr. & Mrs. E. Chas. Thoman)
- TUES. 7 Intention of Giver (Mr. & Mrs. Louis Gallo)
 7:30 John J. Keegan (Mr. & Mrs. Wm. Reichardt, Jr. & Sr.)
 8 Cecelia Englert & deceased of fam.
 8:30 Andrew Stumpf (daughter)
- WED. 6:30 Deceased of Hoey & Yawman fams. (Mrs. Patrick Hoey)
 7 Louise Schoen (Women's Sodality of IHM.)
 7:30 William Overhaus (Mr. & Mrs. Frank Hayes)
 8 Fam. of Michael G. McInerney, Sr.
 8:30 Oliver Hudon (West End Aux. # 3180, V. F. W.)
- THURS. 6:30 John Lombardo (Mr. & Mrs. Angelo Borrelli)
 7 James F. Curran (Deutsch, Shevlin & McDonald fams.)
 7:30 Margaret Klem (Marie O'Brien)
 8 In Thanksgiving (Mrs. Walter O'Neill)
 8:30 Edith Hogan (daughters)
- FRI. 6:30 John Lombardo (Mr. & Mrs. P. Moschiano)
 7 Marie Watt (R. Ferguson, M. Boyle & J. Banks)
 7:30 George H. Caffery (Mr. & Mrs. Wm. Harrigan)
 8 Angela Simon (neighbors)
 8:30 Mary Moschiano (Mr. & Mrs. Angelo Borrelli)
- SAT. 6:30 John Lombardo (Mr. & Mrs. Samuel Moschiano)
 7 Henry Downs (fam.)
 7:30 Victor F. Cardo (Mrs. Angelina Pugliese)
 8 Thomas Pugliese (Mr. & Mrs. Chas. Rendsland)
 8:30 Catherine Braun (Paul & Marion Goventa)

ANNOUNCEMENTS

- TODAY -Baptism at 2. Rosary & Benediction at 5.
 " -2nd Coll.- Monthly Improvement Coll.
 " -Youth Holy Hour at St. Joseph's Ch.- 7-8 p. m.
 TUES. -Rosary for Peace in church at 1:45. Cards for Missions afterwards.
 " -Perp. Infant Jesus of Prague Novena at 5:20 p. m. & 7:30.

LENTEN DEVOTIONS

- ASH WED.- Distribution of blessed ashes: after 8 o'clock Mass, at 3 p. m.,
 and after evening services.
 Devotions at 7:45 p. m.: Rosary, sermon (by Rev. Richard M. Quinn,
 professor of history at St. Andrew's Seminary) and Benediction.
- FRI. - Stations of the Cross: 3 p. m. and 7:45 p. m. (Same books as last
 year will be used. Get one in the pamphlet-rack.)

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- GOLL. LAST SUN. was \$752.60. Very, very good.
- 2ND QR. REPORT CARDS FOR OUR 27 GIRLS ATTENDING NAZARETH ACADEMY have been
 send to Father Fox. The girls should get them at the rectory this week.
- LENTEN SELF-DENIAL FOLDERS are available at the rear of the church for those
 who were not mailed them.
- "TO ERR IS HUMAN"; so please notify us if an invitation to the Annual Appreciation
 Dinner did not reach some usher, choir member, High School Drive worker,
 or worker on the outdoor shrine.
- ENGAGED COUPLES should attend the Pre-Cana Conference at the Powers Hotel
 Mondays at 8 p. m., beginning Feb. 23. They will be highly pleased with
 the talks on marriage by priests, doctors, lawyers and others.
- HOLY NAME MEN. Don't miss the ANNUAL WINTER MEETING of the Roch. Deanery
 Holy Name Union in the K. of C. Ballroom today (Feb. 15), 2:30-4:30.
 Speakers: Father Matthew Tobin, CSSR and Father Patrick J. Flynn.
- 2ND COLL. NEXT SUN.- Annual Coll. for the Negro & Indian Missions.